

Lacrosse Drills

Stickwork

One handed throw & catch alternating hands

Quick stick throw & catch alternating hands

Line Drills/Star Formation

- Throw & catch display target w/communication
- Ground ball towards and away
- Flip using Give/Keep/Go
- Full/Width Defense throw & catch
- Hamster Drill **Description:** Center player is situated between two outside players, left player throws ball to center player, center player throws ball back to left player, center player turns to face right player, right player throws ball to center player, center player throws ball back to right player, center player turns to face left player . . . repeat.
Requirements: three people and two balls
Keys: eye contact, talking, throwing accuracy, quickness
Optional Modifications: all right hands, all left hands, change hands, quick sticks
- Pinwheel Drill **Description:** Four outside players rotate about 20-30 feet away from four stationary center players. Center players throw the ball to the outside players who then throw the ball back to the center players . . . repeat.
Make this a fast paced drill, which demands each player's focused attention.
Requirements: eight people and four balls
Keys: eye contact, talking, throwing accuracy, quickness
Optional Modifications: all right hands, all left hands, change hands, change direction, quick sticks
- Eagle eye Drill **Description:** Six players stand across from one another three wide. The players maintain a repetitive catching and throwing motion between two players. Four balls are kept in motion in order from 1 to 2, 2 to 3, 3 to 4, 4 to 5, 5 to 6 and completed with 6 throwing across (above) the formation back to 1 . . . repeat.
Make this a fast paced drill which demands each player's focused attention. Remind players of the importance of making eye contact with the players they are throwing with.
Requirements: 6 people and four balls
Keys: eye contact, talking, throwing accuracy, quickness
Optional Modifications: all right hands, all left hands, change hands, change direction, quick sticks, add another ball (5 or 6). This drill can also be done using items like basketballs, shoes, sticks, and foam balls, when using a variety of items focus is a must since throwing and catching can be different

Offense

Monkey in the Middle Drill

4 Man Breakout Drill

Diamond Drill (reverse on whistle)

Star passing drill (across the zones)

Give & Go / Off the corner (backdoor)

Pass & Sweep/Shot drill

Sweep up top pass to attack who cuts underneath crease attackman for shot drill

R-L Drill catch ball from top side from center, plant drive to pipe & shoot

Wing to Wing pass & shoot

3 on 2 GB right to half field to shoot.

“Maryland Box” Drill 3 on 3, add man after possession add defense, etc, fast breaks

1 man from behind the cage

- Inside Roll shot
- Straight shot
- Straight jump shot
-

1 man from restraining line

- split dodge - shot
- sweep - shot
- hesitation move – shot
-

2 man from behind the cage

- Give & Go
- Flip using Give/Keep/Go

2 man from restraining line

- Give & Go
- Flip using Give/Keep/Go
-

3 man from restraining line

- pick opposite first man
- pick opposite second man
- sweep & clear thru
-

Off the corner ball from middle to attack - shot

Scrimmage

- 3 vs. 3 – Throw & Go
- 6 vs. 6 Throw & Go
- 3 man break in & out
- 3 vs. 3 break in & out – keep away

Defense

- 1 vs. 1 from behind the cage
- 2 vs. 2 from behind the cage
- 1 vs. 1 from restraining line
- 2 vs. 2 from restraining line

- 3 man Shadow with stick behind back
- 6 man Shadow with stick behind back
- Shuffle Drill - players hold their sticks out in one hand. the first player in line shuffles down the line throwing a poke check at the other players poles. When the player finishes he is at the end of the line holding his stick out to be checked.
- Sliding Drill You set up 8 cones and put a piece of paper under the cone with a number. You put 3 cones up at the top of the box, the far right of the box the center and the far left. then you put 2 cones goal line extended at the edge of the box and 3 cones behind the goal same place as the ones up top. Put 2 or 3 guys in the hole and the same # of d. Then have at least 1 guy at each cone and have someone call out a random #. then the d has to find where the guy is coming from call hot and slide and push their guy to the outside.

Ground Ball

Ground ball from single line w/trailer

1 vs. 1 start at pushup position

1 vs. 2 start at pushup position

2 vs. 3 start at pushup position

1 vs. 1 start with ball lodged between backs on whistle. Emphasis on using whole instep to direct the ball – FOOTWORK.

Clearing

- Defense break out Goalie passes redirect
- O'Neill full field
- Cornell's 3-across & weave

Riding

1 vs. 1 sideline cutoff

Transitional

4-3 Fast Break

3 Across

3 Vertical

Loose ball random

Goaltending

- GOALIES If you are having trouble stepping you should try the "STEP THE LINE DRILL". This drill is not that exciting but it works very well. Find a straight line (GYM, Field or parking lot where ever. Get into your goalie stance with the line between your legs cutting you in half (left and right). You must pretend that there is a ball coming toward you and step to make a save high right.. low left... left hip and so on. After each step stop to make sure that both feet are on the same side of the line also that you have stepped forward. as a rule step to 45 degree angle. Go down the line a couple of times before warm up and jump rope 5 minutes before warming up left foot both feet and right foot jumping. This will help you train your feet to move to where you need them to move.

Face offs

Foot position depending on lower leg strength (weak = wider spread)

Clamp	Push left hand/end of stick forward Move left foot forward to top of stick bottom Sweep clamped ball back between legs for scoop
Plunger	Clamp 1st then quickly lift left hand up to face mask Lift & push ball forward into air to catch ball and go
Laser	Essential to stay light on the hands Moving right hand up over the ball inward using inside top to rake ball to the left while lifting left bottom hand up.
Jam	To be used against a heavy clamp Light on the hands Go over top of the ball using the HANDLE Pull ball back between legs.
Jam Laser	Light on the hands Quickly move right hand up and pull ball out

Conditioning

- Jump roping
- Shuttle runs with ball
- Indian run
- Gassers
- Sprints
- Laps
- **Star Drill:** Players set up a five points like a star. Players pass one over from left or right and follow ball. Tighten up and quicken pace, or add a second ball to make harder.

Sideline Drill: Set up five lines along the side line alternating three lines of offense with two lines of defense (ODODO). Coach rolls ball down the field towards the goal. The lines hold until the coach blows the whistle. If offense picks up ball they work to shoot, defense sets up in "I." If defense picks up the ball, they work to clear it past the midline and offense rides.

Numbers Drill: Long sticks and half your middies line up behind goal at the GLE (about 10 yds to the side). Attack and the other half of your middies line up at the wing line on opposite side of field. Coach stands on other wing line and rolls out the ball into the top of the restraining box and calls out a number, 2-6. That number is the number of offense that runs onto the field, with the last player pickup up the ball. On defense, that number minus one (if you call 6, 5 defense runs out). Stop drill on shot, goal or turnover.

Three-minute drill: 6 v 6, offense must hold on to ball for three minutes without shooting. If there is a turn over before three minutes are up, offense does a full field sprint and back. If defense fails to turn over the ball, they full field sprint and back. Goalie is in goalie working on communication and positioning.

Braveheart: Pull goals to top of restraining lines and divide into two teams with goalies in goal. Players go one-on-one with each other, starting with a faceoff. Can't leave until there is a goal. Great gym drill.

Four corners: Set a ball in middle of restraining box. Set up players at each corner. Players on the diagonal from each other are on the same team. Blow whistle and players crash in on groundball. Go into 2 v 2. Great gym drill.

Goalies:

- Goalie turns back on shooter. Shooter says “turn” to cue goalie to turn and shoots.
- Goalie uses regular stick to make saves around the clock.
- Take your goalie to the wall and have them stand 6 paces away, facing wall. Stand behind goalie and shoot.

Faceoffs

- Hold stance for two minutes to find weak points.
- Have player get into stance w/o stick. Hold a ball over the left hand of the player, above their head. Drop the ball while the player tries to catch it.
- Have player get into stance and jump the head of their stick over a ball and back, 20 times quickly (time them).